WOMAN´S PHYSIQUE CYCLE - SHAPE I

56-DAY STRUCTURED PLAN

Day	Oxandrolone (mg)	Clenbuterol (mcg)	Tamoxifen (mg)
1	10 mg daily	1 mcg daily	10 mg daily
2	10 mg daily	1 mcg daily	10 mg daily
3	10 mg daily	1 mcg daily	10 mg daily
4	10 mg daily	1 mcg daily	10 mg daily
5	10 mg daily	1 mcg daily	10 mg daily
6	10 mg daily	1 mcg daily	10 mg daily
7	10 mg daily	1 mcg daily	10 mg daily
8	10 mg daily	2 mcg daily	10 mg daily
9	10 mg daily	2 mcg daily	10 mg daily
10	10 mg daily	2 mcg daily	10 mg daily
11	10 mg daily	2 mcg daily	10 mg daily
12	10 mg daily	2 mcg daily	10 mg daily
13	10 mg daily	2 mcg daily	20 mg daily
14	10 mg daily	3 mcg daily	20 mg daily
15	10 mg daily	3 mcg daily	20 mg daily
16	20 mg daily	3 mcg daily	20 mg daily
17	20 mg daily	3 mcg daily	20 mg daily
18	20 mg daily	3 mcg daily	20 mg daily
19	20 mg daily	3 mcg daily	20 mg daily
20	20 mg daily	3 mcg daily	20 mg daily
21	20 mg daily	4 mcg daily	20 mg daily
22	20 mg daily	4 mcg daily	20 mg daily
23	30 mg daily	4 mcg daily	20 mg daily
24	30 mg daily	4 mcg daily	20 mg daily
25	30 mg daily	4 mcg daily	20 mg daily
26	30 mg daily	4 mcg daily	20 mg daily
27	30 mg daily	4 mcg daily	20 mg daily
28	30 mg daily	5 mcg daily	20 mg daily
29	30 mg daily	5 mcg daily	20 mg daily
30	30 mg daily	5 mcg daily	20 mg daily
31	30 mg daily	5 mcg daily	20 mg daily
32	30 mg daily	5 mcg daily	20 mg daily
33	30 mg daily	5 mcg daily	20 mg daily
34	30 mg daily	5 mcg daily	20 mg daily
35	20 mg daily	5 mcg daily	20 mg daily
36	20 mg daily	5 mcg daily	20 mg daily
37	20 mg daily	5 mcg daily	20 mg daily
38	20 mg daily	5 mcg daily	20 mg daily
39	20 mg daily	5 mcg daily	20 mg daily
40	20 mg daily	5 mcg daily	20 mg daily
41	20 mg daily	5 mcg daily	20 mg daily
42	20 mg daily	5 mcg daily	20 mg daily
43	20 mg daily	5 mcg daily	20 mg daily
44	20 mg daily	5 mcg daily	20 mg daily
45	20 mg daily	5 mcg daily	20 mg daily
46	20 mg daily	5 mcg daily	20 mg daily
47	20 mg daily	5 mcg daily	20 mg daily
48	10 mg daily	5 mcg daily	20 mg daily
49	10 mg daily	5 mcg daily	20 mg daily
50	10 mg daily	5 mcg daily	20 mg daily
51	10 mg daily	4 mcg daily	20 mg daily

52	10 mg daily	4 mcg daily	20 mg daily
53	10 mg daily	4 mcg daily	20 mg daily
54	10 mg daily	2 mcg daily	20 mg daily
55	10 mg daily	2 mcg daily	20 mg daily
56	10 mg daily	1 mcg daily	20 mg daily